



# The Power of One!

## 5 Key Messages for Individuals

### Together, let's halt this pandemic

#### 1. Believe only in 'authentic' information

- ✓ Rely only on verified information
- ✓ Check official websites for information
- ✓ Do not 'forward' non-verified information

#### 2. Early recognition of 'feeling unwell' with early referral

- ✓ Recognise fever correctly
- ✓ Recognise breathing difficulty
- ✓ Seek treatment early

#### 3. Wash your hands frequently!

- ✓ Soap and water work best
- ✓ Use hand sanitizer
- ✓ Avoid touching your eyes, nose and mouth

#### 4. Respiratory Etiquette!

- ✓ Cover that cough!
- ✓ Do not allow people to spit indiscriminately
- ✓ Wear a mask properly and consistently

#### 5. Physical Distancing

- ✓ Keep 2-meter distance from others
- ✓ Avoid crowds, crowded places and close contact!
- ✓ Keep windows open when indoors with others

Let each one of us  
resolve to teach many!

*Let us be the change  
that we want to see.*

